

ABSTRACT

Title: 100 m hurdle race women in fire sport.

Objectives: A description of the discipline of 100 m hurdle race women and a description of rendition technique from the methodical point of view is the main objective of this work.

Methods: A descriptive method and a video record analysis were used in this work. Each phases are slowed-motion and retroactive described.

Results: It`s a methodical description of the discipline with the video record and it will be used for coaching purposes for beginning and also advanced racers. It will improve technique of 100 m hurdle race and also achieve better sports performances too.

Keywords: run, start, hurdle, beam, fire divider, technique, movement, analysis.